

## macaroni & cheese300

Number of Servings: 300 (150.37 g per serving)

Amount	Measure	Ingredient
9 1/3	gal	Pasta, macaroni, semolina, elbow, dry
11.00	qt	Sour Cream, light
3 3/4	cup	Spice, onion, minced, dehyd
3 3/4	qt	Milk, 1%, w/add vit A & D
7 1/2	gal	Cheese, cheddar, low fat, shredded
2 1/2	Tbs	Salt, table, iodized

### Nutrients per serving

Nutrition Facts	
Serving Size (150g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 21g</b>	
Vitamin A 8%	Vitamin C 0%
Calcium 30%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

Macaroni will double in volume when cooked.

If needed milk can be almost doubled. Mixture should be creamy when poured into steam table pans.

Potentially Hazardous Food: Food Safety Standard: Hold food for serving at 140 degrees or above.

Cook macaroni in unsalted boiling water until tender. Stir in other ingredients, pour into steam table pan(s) and bake, covered at 350 degrees for 20-25 minutes until 180 degrees and bubbly. Transfer to steam table and serve.

1 serving = 1 cup = 2 #8 scoops

1 cup = 45 grams Carbohydrate = 3 Carb Servings